

Introducing BSEM

Our school has started using the Berry Street Education Model (BSEM), a whole school approach that supports learning and wellbeing. This information sheet is designed to share the BSEM strategies being taught and used at your school with families. We also share stories of BSEM in action at home, because we know these strategies can be helpful for families too!

Food for thought ...

Did you know the Raising Kids Network has some excellent picture-based guides for helping to model and teach our children about healthy living and our needs?

Check them out on the Raising Kids Network website.

What we learned

Needs are things that everyone has. At BSEM, we recognise that all people have five core needs: physical, emotional, cognitive (or learning), belonging, and energetic needs.

- **Physical** needs are what our bodies require to stay healthy, such as food, water, rest, and sleep.
- **Emotional** needs relate to how we understand ourselves, our feelings, and the feelings of others.
- **Cognitive** or learning needs are about how we think, learn, and use our skills and knowledge.
- **Belonging** needs involve connecting with others and feeling accepted and part of a group.
- **Energetic** needs refer to having the right amount of energy and focus to be ready to learn, play, and work.

Family story

After experiencing a demanding season of life, our family decided to re-evaluate how we can support each other's needs and we made a conscious reset.

We now regularly talk about our needs at home, recognising that everyone's needs change over time. I model meeting my own physical and emotional needs, such as prioritising daily exercise, which supports co-regulation within our family.

These simple, open conversations help build our children's confidence to express their needs both at home and in other settings, while also developing empathy and understanding for themselves and others.

Mel – BSEM School Engagement Consultant, NSW

Resource Recommendation



Check out this book:
Dr Billy Garvey

Ten things I wish you knew about your child's mental health



Follow the **Berry Street Education Model** by scanning the QR code or check out their website at **bsem.org.au** to find out more.